

Gluten and Casein Free

SPECIAL DIETS SERIES

CELEBRATING
YOUR
CHOICES



Highland Park Store, Southwest Region

Whole Foods Market is excited to bring you "Celebrating Your Choices," a series of shopping lists and information for those on special diets. We believe that food should bring pleasure along with good health, and these guides are intended as a resource to help everyone experience as many healthy, natural food choices as possible. Check out our website for more information about gluten and casein-free foods:

<http://www.wholefoodsmarket.com/specialdiets>

The information provided in this shoppers list is only a guide to help you identify products that may meet your dietary needs or preferences. It is not medical advice. We have included products on this list based only upon information provided by the manufacturer. In addition, while we are attempting to keep this information accurate and up to date, please be aware that ingredients in products may change from time to time. You should always read the actual product label before purchasing a product. Also note that there is no guarantee of the absence of cross-contamination in any product. If you have any questions, you may contact us at WFMSpecialDiets@wholefoods.com.

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Baked Goods

WFM Gluten Free Bakehouse

Carrot Cake
Molasses Ginger Cookies

Baking Needs

Arrowhead Mills

Blue Corn Meal
Buckwheat Flour
Gluten Free Brownie Mix
Gluten Free Chocolate Chip Cookie Mix
Millet Flour

Baking Needs (Cont'd)

Arrowhead Mills

White Rice Flour
Yellow Corn Meal

Bob's Red Mill

Flaxseed Meal
Garbanzo Bean Flour
Gluten Free Garbanzo & Fava Bean Flour
GlutenFree Rolled Oats
Organic Golden Flaxseeds
Soy Lecithin Granules
Tapioca Flour
Teff Flour
Xanthan Gum

Chebe

All-Purpose Mix
Cinnamon Rolls Mix
Focaccia Flatbread Mix

Baking Needs (Cont'd)

Cherrybrook Kitchen

Chocolate Frosting Mix

Cherrybrook Kitchen Gluten Free Dreams

Pancake & Waffle Mix

Earth Balance

Shortening

Enjoy Life

Semi-Sweet Chocolate Chips

Gluten Free Pantry

French Bread & Pizza Mix

Namaste

Brownie Mix

Chocolate Cake Mix

Cookie Mix

Spice Cake Mix

Vanilla Cake Mix

Beverages

Celestial Seasonings

Acai Mango Zinger Tea, 20 Ct

Antioxidant Green Tea, 20 Ct

Antioxidant Green Tea, 40 Ct

Authentic Green Tea, 20 Ct

Authentic Green Tea, 40 Ct

Bengal Spice Tea, 20 Ct

Black Cherry Berry Tea

Candy Cane Lane Decaf Tea, 20 Ct

Chai Honey Vanilla White Tea, 20 Ct

Chai India Spice Tea, 20 Ct

Chamomile Tea, 20 Ct

Cinnamon Apple Spice Tea, 20 Ct

Cool Brew Peach Iced Tea, 40 Ct

Country Peach Passion

Decaf Green Tea, 20 Ct

Decaf Mandarin Orchard Green Tea, 20 Ct

Decaf Mint Green Tea, 20 Ct

Echinacea Complete Care Tea, 20 Ct

Honey Lemon Ginseng Green Tea, 20 Ct

Imperial Peach White Tea, 20 Ct

Lemon Zinger Tea, 20 Ct

Madagascar Vanilla Red Tea, 20 Ct

Mint Magic Tea, 20 Ct

Beverages (Cont'd)

Celestial Seasonings

Moroccan Pomegranate Red Tea, 20 Ct

Nutcracker Sweet Herbal Tea

Peppermint Tea, 20 Ct

Peppermint Tea, 40 Ct

Perfectly Plum White Tea, 20 Ct

Raspberry Garden Green Tea, 20 Ct

Raspberry Zinger Tea, 20 Ct

Red Zinger Tea, 20 Ct

Safari Spice Red Tea, 20 Ct

Sleepytime Extra Tea, 20 Ct

Sleepytime Tea, 20 Ct

Sleepytime Tea, 40 Ct

Sleepytime Throat Tamer Tea, 20 Ct

Tangerine Orange Zinger Tea, 20 Ct

True Blueberry, 20 Ct

Wild Berry Tea, 20 Ct

So Delicious

Original (Plain) Coconut Milk Beverage

Unsweetened Coconut Milk Beverage

Vanilla Coconut Milk Beverage

Candy and Chocolate

Enjoy Life

Boom Choco Boom Dairy-Free Rice Milk Chocolate Bar

Boom Choco Boom Dairy-Free Rice Milk w/ Crispy Rice Chocolate Bar

Boom Choco Boom Dark Chocolate Bar

Canned Goods

Amy's

Organic Vegetarian Baked Beans

Cereal

Ancient Harvest

Organic Quinoa Flakes 12 oz

Arrowhead Mills

Maple Buckwheat Organic Flakes

Organic Rice & Shine Hot Cereal

Organic Yellow Corn Grits

Cereal (Cont'd)

Bob's Red Mill

Brown Rice Farina Creamy Rice Hot Cereal
GlutenFree Rolled Oats

EnviroKidz

Amazon Frosted Flakes Organic Cereal
Gorilla Munch Organic Cereal
Koala Crisp Organic Cereal
Peanut Butter Panda Puffs Organic Cereal

Lundberg Farms

Organic Pure Creamy Rice Cereal

Nature's Path

Organic Crispy Rice Cereal
Organic Fruit Juice Sweetened Corn Flakes
Organic Honey'd Cornflakes
Organic Mesa Sunrise Cereal
Organic Whole O's Cereal

Cheese

Follow Your Heart

Vegan Gourmet Cheddar
Vegan Gourmet Monterey Jack

Chips, Pretzels and Snacks

Food Should Taste Good

Buffalo Tortilla Chips 6 oz
Sweet Potato Tortilla Chips 6 oz
The Works! Tortilla Chips 6 oz

Food Should Taste Good

Chocolate Tortilla Chips 6 oz
Jalapeno Tortilla Chips 6 oz
Multigrain Tortilla Chips 6 oz
Olive Tortilla Chips 6 oz

Lundberg Farms

Brown Rice Cakes
Buttery Caramel Rice Cakes
Honey Nut Rice Cakes
Organic Brown Rice Cakes
Organic Mochi Sweet Rice Cakes
Organic Sea Salt Rice Chips
Organic Sesame Tamari Rice Cakes
Organic Tamari Seaweed Rice Cakes

Chips, Pretzels and Snacks (Cont'd)

Lundberg Farms

Organic Unsalted Brown Rice Cakes
Organic Wild Rice Cakes
Pico de Gallo Rice Chips
Sante Fe BBQ Rice Chips
Unsalted Brown Rice Cakes

Mary's Gone Crackers

Sticks & Twigs, Sea Salt

Mr. Krispers

Baked Rice Krisps, Barbecue

Condiments

Follow Your Heart

Vegenaise, High Omega-3 w/ Expeller-Pressed
Canola Oil
Vegenaise, Original

Organicville

Organic Dressing, Pomegranate Vinaigrette
Organic Dressing, Sundried Tomato & Garlic
Vinaigrette
Organic Ketchup

Spectrum

Canola Mayonnaise 16 oz
Light Canola Eggless Mayonnaise 16 oz
Light Canola Eggless Mayonnaise 32 oz
Light Canola Eggless Mayonnaise, Squeeze Bottle
Organic Garlic Ranch Omega-3 Dressing
Organic Golden Balsamic Omega-3 Dressing
Organic Olive Oil Mayonnaise
Organic Omega-3 Mayonnaise with Flax 16 oz
Organic Pomegranate Chipotle Omega-3 Dressing
Organic Soy Mayonnaise 16 oz
Organic Soy Mayonnaise, Squeeze Bottle

Cookies and Snack Bars

Enjoy Life

Caramel Apple Snack Bars
Cocoa Loco Snack Bars

Cookies and Snack Bars (Cont'd)

Enjoy Life

- Soft Baked Double Chocolate Brownie Cookies
- Soft Baked Gingerbread Spice Cookie
- Soft Baked Happy Apple Cookies
- Soft Baked Lively Lemon Cookies
- Very Berry Snack Bars

EnviroKidz

- Cheetah Organic Crispy Rice Bars, Berry
- Panda Organic Crispy Rice Bars, Peanut Butter

Glutino

- Breakfast Bars, Apple
- Breakfast Bars, Cranberry

Jennie's

- Coconut Macaroons

Pamela's Products

- Ginger Cookies with Sliced Almonds
- Peanut Butter Cookies
- Simplebites Ginger Mini Snapz

WFM Gluten Free Bakehouse

- Molasses Ginger Cookies

Crackers

Mary's Gone Crackers

- Crackers, Black Pepper
- Crackers, Caraway
- Crackers, Herb
- Crackers, Onion
- Crackers, Original

Dairy

Earth Balance

- Buttery Sticks
- Organic Whipped Buttery Spread
- Original Buttery Spread
- Soy Free Buttery Spread
- Soy Garden Buttery Spread

Dairy Alternatives

Follow Your Heart

- Vegan Gourmet Cheddar
- Vegan Gourmet Monterey Jack

So Delicious

- Blueberry Cultured Coconut Milk Yogurt
- French Vanilla Coconut Milk Creamer
- Hazelnut Coconut Milk Creamer
- Original (Plain) Coconut Milk Beverage
- Original (Plain) Coconut Milk Kefir
- Plain Agave Sweetened Soy Yogurt
- Raspberry Cultured Coconut Milk Yogurt
- Strawberry Banna Cultured Coconut Milk Yogurt
- Unsweetened Coconut Milk Beverage
- Vanilla Agave Sweetened Soy Yogurt
- Vanilla Coconut Milk Beverage
- Vanilla Coconut Milk Kefir
- Vanilla Cultured Coconut Milk Yogurt

WestSoy

- Organic Soy Beverage, Unsweetened Original 64 oz
- Plus Soy Beverage, Plain 32 oz
- Plus Soy Beverage, Vanilla 64 oz
- Soy Beverage, Unsweetened Chocolate 32 oz

Deli Style Meats and Cheeses

Applegate Farms

- Canadian Bacon
- Organic Sliced Oven Roasted Chicken
- Sliced Authentic Prosciutto
- Sliced Black Forest Ham
- Sliced Genoa Salami
- Sliced Honey Ham
- Sliced Honey Maple Turkey
- Sliced Organic Genoa Salami
- Sliced Organic Herb Turkey
- Sliced Organic Oven Roasted Turkey
- Sliced Organic Roast Beef
- Sliced Organic Smoked Chicken
- Sliced Organic Smoked Turkey
- Sliced Organic Uncured Ham
- Sliced Oven Roasted Sliced Turkey
- Sliced Pancetta
- Sliced Pepperoni

Deli Style Meats and Cheeses (Cont'd)

Applegate Farms

- Sliced Slow Cooked Ham
- Sliced Smoked Turkey
- Sliced Turkey Bologna
- Sliced Turkey Salami

Desserts

WFM Gluten Free Bakehouse

- Carrot Cake

Energy and Nutrition Bars/Drinks

Bumble Bar

- Chocolate Crisp
- Chunky Cherry
- Original with Cashew
- Tasty Tropical

Entrees and Mixes

Arrowhead Mills

- Gluten Free Brownie Mix
- Gluten Free Chocolate Chip Cookie Mix

Bob's Red Mill

- TVP (Textured Vegetable Protein)

Chebe

- Cinnamon Rolls Mix
- Focaccia Flatbread Mix

Cherrybrook Kitchen

- Chocolate Frosting Mix

Cherrybrook Kitchen Gluten Free Dreams

- Pancake & Waffle Mix

Lundberg Farms

- Organic Florentine Risotto
- Organic Tuscan Risotto

Namaste

- Brownie Mix
- Chocolate Cake Mix
- Cookie Mix
- Spice Cake Mix
- Vanilla Cake Mix

Ethnic Foods

Amy's

- Organic Asian Noodle Stir-Fry
- Organic Black Bean Enchilada Whole Meal
- Organic Black Bean Tamale Verde Whole Meal
- Organic Black Bean Vegetable Enchilada
- Organic Indian Vegetable Korma
- Organic Teriyaki Bowl
- Organic Thai Stir-Fry

Organicville

- Organic Island Teriyaki

Frozen Foods

Amy's

- Kids Baked Ziti Meal
- Organic Asian Noodle Stir-Fry
- Organic Baked Ziti Bowl
- Organic Bistro Veggie Burger
- Organic Black Bean Enchilada Whole Meal
- Organic Black Bean Tamale Verde Whole Meal
- Organic Black Bean Vegetable Enchilada
- Organic Brown Rice & Vegetables Bowl
- Organic Brown Rice & Vegetables Bowl, Light in Sodium
- Organic Brown Rice, Black-Eyed Peas & Veggies Bowl
- Organic Indian Vegetable Korma
- Organic Rice Crust Spinach Pizza
- Organic Shepherd's Pie
- Organic Shepherd's Pie, Light in Sodium
- Organic Single Serve Non-Dairy Rice Crust Cheeze Pizza
- Organic Teriyaki Bowl
- Organic Thai Stir-Fry
- Organic Tofu Scramble

Applegate Farms

- Maple Breakfast Sausage
- Sage Breakfast Sausage

French Meadow Bakery

- Gluten Free Chocolate Chip Cookie Dough

Gluten Free Cafe

- Asian Noodles

Frozen Foods (Cont'd)

Ian's Natural Foods

French Toast Sticks, Wheat Free Gluten Free
Ian's Chicken Nuggets, Allergen Free
Ian's Fish Sticks, Allergen Free
Soy Cheesy French Bread Pizza, Wheat Free
Gluten Free
Wafflewich, Egg & Maple Sausage, Wheat Free
Gluten Free

It's Soy Delicious

Awesome Chocolate Non-Dairy Frozen Dessert
Green Tea Non-Dairy Frozen Dessert

Nature's Path

Organic Buckwheat Wildberry Waffles
Organic Homestyle Waffles

Organic So Delicious

Chocolate Velvet Non-Dairy Frozen Dessert
Creamy Vanilla Non-Dairy Frozen Dessert
Mocha Fudge Non-Dairy Frozen Dessert

Purely Decadent

Chocolate Non-Dairy Frozen Coconut Milk Dessert
Coconut Non-Dairy Frozen Coconut Milk Dessert
Cookie Dough Non-Dairy Frozen Coconut Milk
Dessert
Mint Chip Non-Dairy Frozen Coconut Milk Dessert
Peanut Butter Zig Zag Non-Dairy Frozen Dessert
Purely Vanilla Non-Dairy Frozen Dessert
Snickerdoodle Non-Dairy Frozen Dessert
Turtle Trails Non-Dairy Frozen Dessert
Vanilla Bean Non-Dairy Frozen Coconut Milk
Dessert

So Delicious

Creamy Orange Bar
Creamy Raspberry Bar
Kidz Assorted Fruit Pops
Orange Passion Fruit Agave Sweetened Fruit Bar
Raspberry Agave Sweetened Fruit Bar

Frozen Foods (Cont'd)

So Delicious

Vanilla Bar, Made with Coconut Milk

Starfish

Crispy Battered Gluten Free Cod
Crispy Battered Gluten Free Haddock
Crispy Battered Gluten Free Halibut

Sweet Nothings

Non-Dairy Fudge Bar, 6-pack

Van's

Wheat Free Blueberry Waffles
Wheat Free Buckwheat Waffles
Wheat Free Flax Waffles
Wheat Free Homestyle Waffles
Wheat Free Mini Homestyle Waffles

Grains and Rice

Ancient Harvest

Inca Red Organic Quinoa 12 oz
Traditional Organic Quinoa 12 oz

Lundberg Farms

Eco-Farmed California White Arborio Rice
Eco-Farmed California White Basmati Rice
Eco-Farmed Countrywild Gourmet Blend Rice
Eco-Farmed Jubilee Gourmet Blend Rice
Eco-Farmed Long Grain Brown Rice
Organic California Brown Basmati Rice
Organic California White Jasmine Rice
Organic Long Grain Brown Rice
Organic Quick Wild Rice
Organic Short Grain Brown Rice
Organic White Long Grain Rice
Organic Wild Rice

Jams and Nut Butters

Arrowhead Mills

Organic Creamy Peanut Butter, 16 oz
Organic Crunchy Peanut Butter, 16 oz

Earth Balance

Creamy Natural Almond Butter
Creamy Natural Peanut Butter
Crunchy Natural Peanut Butter

Meat Alternatives

Bob's Red Mill

TVP (Textured Vegetable Protein)

WestSoy

Firm Tofu, Water-Pack 14 oz

Firm Tofu, Water-Pack 16 oz

Soft Tofu, Water-Pack 14 oz

Meat and Poultry

Applegate Farms

Beef Hot Dogs

Chicken Apple Breakfast Sausage

Chicken Hot Dogs

Greatest Little Organic Smokey Cocktail Frank

Maple Breakfast Sausage

Organic Chicken Hot Dogs

Organic Hot Dogs

Organic Poultry Andouille Sausage

Organic Sliced Sunday Bacon

Organic Sweet Italian Sausage

Organic Turkey Hot Dogs

Sage Breakfast Sausage

Turkey Hot Dogs

Nuts, Seeds and Dried Fruits

Bob's Red Mill

Organic Golden Flaxseeds

Pasta

Ancient Harvest

Quinoa Supergrain Pasta, Garden Pagodas 8 oz

Quinoa Supergrain Pasta, Linguine 8 oz

Quinoa Supergrain Pasta, Shells 8 oz

Quinoa Supergrain Pasta, Veggie Curls 8 oz

DeBoles Foods

Corn Spaghetti

Multi-Grain Penne

Multi-Grain Spaghetti

Rice Angel Hair Pasta

Rice Fettuccine

Rice Spaghetti

Pasta (Cont'd)

Lundberg Farms

Organic Brown Rice Penne Pasta

Organic Brown Rice Rotini Pasta

Pasta Sauce

Amy's

Organic Low Sodium Marinara Sauce

Organic Tomato Basil Pasta Sauce, Light in Sodium

Sauces, Salsas and Dips

Amy's

Organic Black Bean & Corn Salsa

Organic Mild Salsa

Organic Spicy Chipotle Salsa

Organicville

Organic Island Teriyaki

Seafood

Starfish

Crispy Battered Gluten Free Cod

Crispy Battered Gluten Free Haddock

Crispy Battered Gluten Free Halibut

Soups

Amy's

Organic Black Bean Chili

Organic Black Bean Vegetable Soup

Organic Chunky Vegetable Soup

Organic Curried Lentil Soup

Organic Fire Roasted Southwestern Vegetable Soup

Organic Lentil Soup

Organic Lentil Soup, Light in Sodium

Organic Lentil Vegetable Soup

Organic Lentil Vegetable Soup, Light in Sodium

Organic Medium Chili

Organic Medium Chili with Vegetables

Organic Medium Chili, Light in Sodium

Organic Southwestern Black Bean Chili

Soups (Cont'd)

Amy's

- Organic Spicy Chili
- Organic Spicy Chili, Light in Sodium
- Organic Split Pea Soup
- Organic Split Pea Soup, Light in Sodium
- Organic Thai Coconut Soup (Tom Kha Phak)
- Organic Tuscan Bean & Rice Soup

Imagine Foods

- Broccoli Soup 16 oz
- Butternut Squash Soup 32 oz
- Corn & Lemongrass Soup 16 oz
- Corn & Lemongrass Soup 32 oz
- Creamy Tomato Soup 16 oz
- Free Range Chicken Broth 32 oz
- No Chicken Broth 32 oz
- Organic Chicken Broth, Low Sodium 32 oz
- Organic Corn Soup, Low Sodium 32 oz
- Organic Potato Soup, Low Sodium 32 oz
- Organic Sweet Pea Soup 32 oz
- Organic Tomato Soup 32 oz
- Organic Tomato Soup, Low Sodium 32 oz
- Organic Vegetable Broth, Low Sodium 32 oz
- Tomato Basil Soup 32 oz

Sweeteners

Lundberg Farms

- Organic Brown Rice Syrup